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## ***Cyclospora* Fact Sheet**

<b>What Is <i>Cyclospora</i>?</b>	<i>Cyclospora cayetanensis</i> (SIGH-clo-SPORE-uh KYE-uh-tuh-NEN-sis) is a parasite composed of one cell, too small to be seen without a microscope. The first known human cases of illness caused by <i>Cyclospora</i> infection were reported in 1979. Cases began being reported more often in the mid-1980s. In the last several years, outbreaks of cyclosporiasis have been reported in the United States and Canada.
<b>What are the symptoms?</b>	<i>Cyclospora</i> usually causes watery diarrhea, with frequent, sometimes explosive, bowel movements. Other symptoms can include loss of appetite, loss of weight, bloating, increased gas, stomach cramps, nausea, vomiting, muscle aches, low-grade fever, and fatigue. The time between becoming infected and becoming sick is usually about 1 week. If not treated, the illness may last from a few days to a month or longer. Symptoms may seem to go away and then return one or more times (relapse). Some people who are infected with <i>Cyclospora</i> do not have any symptoms.
<b>How is <i>Cyclospora</i> treated?</b>	The recommended treatment for infection with <i>Cyclospora</i> is a combination of two antibiotics. See your doctor for other treatment recommendations. People who have diarrhea should rest and drink plenty of fluids.
<b>How do people catch this disease?</b>	<i>Cyclospora</i> is spread by people drinking water or eating food that was contaminated with infected stool. For example, outbreaks of cyclosporiasis have been linked to various types of fresh produce. <i>Cyclospora</i> needs time (days or weeks) after being passed in a bowel movement to become infectious. Therefore, it is unlikely that <i>Cyclospora</i> is passed directly from one person to another. It is not known if animals can be infected and spread infection to people.
<b>What can be done to stop the spread of this disease?</b>	Wash your hands before and after handling food. Wash all fruits and vegetables before eating. Avoid water or food that may be contaminated with stool .

For more information about cyclospora, visit: [www.cdc.gov](http://www.cdc.gov)